

# March

William H. Rumsey Aquatic Center  
(202) 724-4495  
635 North Carolina Ave SE  
Washington DC 20003

**MOVE • GROW • BE GREEN** with  **DPR**  
DEPARTMENT OF PARKS AND RECREATION

Please visit [dpr.dc.gov](http://dpr.dc.gov) for more information


Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	1	2	3	4	5
6	7 Hydro-Spin 6-7am Senior Aerobics 8-10am Shallow Water 10-11am Hydro-Spin 12-1pm Child LTS 5-6pm Jr. Wave 6-7pm DC Wave 6-8pm	8 Seniors LTS 9-10am Senior Olympic 9-11am Senior Shallow Aerobics 11-12noon Adults LTS 6pm-7pm Shallow Aerobics 5-6pm DC Wave 6pm78pm	9 Hydro-Spin 6-7am Senior Aerobics 8-10am Shallow Water 10-11am Hydro-Spin 12-1pm Child LTS 5-6pm Jr. Wave 6-7pm DC Wave 6-8pm	10 Seniors LTS 9-10am Senior Olympic 9-11am Senior Shallow Aerobics 11-12noon Adults LTS 6pm-7pm Shallow Aerobics 5-6pm DC Wave 6pm78pm	11 Senior Aerobics 8-10am Jr. Wave 6-7pm DC Wave 6-8pm	12
13	14 Hydro-Spin 6-7am Senior Aerobics 8-10am Shallow Water 10-11am Hydro-Spin 12-1pm Child LTS 5-6pm Jr. Wave 6-7pm DC Wave 6-8pm	15 Seniors LTS 9-10am Senior Olympic 9-11am Senior Shallow Aerobics 11-12noon Adults LTS 6pm-7pm Shallow Aerobics 5-6pm DC Wave 6pm78pm	16 Hydro-Spin 6-7am Senior Aerobics 8-10am Shallow Water 10-11am Hydro-Spin 12-1pm Child LTS 5-6pm Jr. Wave 6-7pm DC Wave 6-8pm	17 Seniors LTS 9-10am Senior Olympic 9-11am Senior Shallow Aerobics 11-12noon Adults LTS 6pm-7pm Shallow Aerobics 5-6pm DC Wave 6pm78pm	18 Senior Aerobics 8-10am Jr. Wave 6-7pm DC Wave 6-8pm	19
20	21 Hydro-Spin 6-7am Senior Aerobics 8-10am Shallow Water 10-11am Hydro-Spin 12-1pm Child LTS 5-6pm Jr. Wave 6-7pm DC Wave 6-8pm	22 Seniors LTS 9-10am Senior Olympic 9-11am Senior Shallow Aerobics 11-12noon Adults LTS 6pm-7pm Shallow Aerobics 5-6pm DC Wave 6pm78pm	23 Hydro-Spin 6-7am Senior Aerobics 8-10am Shallow Water 10-11am Hydro-Spin 12-1pm Child LTS 5-6pm Jr. Wave 6-7pm DC Wave 6-8pm	24 Seniors LTS 9-10am Senior Olympic 9-11am Senior Shallow Aerobics 11-12noon Adults LTS 6pm-7pm Shallow Aerobics 5-6pm DC Wave 6pm78pm	25 Senior Aerobics 8-10am Jr. Wave 6-7pm DC Wave 6-8pm	26 Deep Water 9-10am Parent & Child 9:30-10:30am Pre-School Aquatics 11-12 Lifeguard Academy 12-1pm
27 Adults LTS III 11:15- 12noon Aqua Zumba 2-3pm Hydro-Spin 3:30-4:30pm	28 Hydro-Spin 6-7am Senior Aerobics 8-10am Shallow Water 10-11am Hydro-Spin 12-1pm Child LTS 5-6pm Jr. Wave 6-7pm DC Wave 6-8pm	29 Seniors LTS 9-10am Senior Olympic 9-11am Senior Shallow Aerobics 11-12noon Adults LTS 6pm-7pm Shallow Aerobics 5-6pm DC Wave 6pm78pm	30 Hydro-Spin 6-7am Senior Aerobics 8-10am Shallow Water 10-11am Hydro-Spin 12-1pm Child LTS 5-6pm Jr. Wave 6-7pm DC Wave 6-8pm	31 Seniors LTS 9-10am Senior Olympic 9-11am Senior Shallow Aerobics 11-12noon Adults LTS 6pm-7pm Shallow Aerobics 5-6pm DC Wave 6pm78pm	1	2

# April

William H. Rumsey Aquatic Center  
(202) 724-4495  
635 North Carolina Ave SE  
Washington DC 20003

**MOVE • GROW • BE GREEN** with  **DPR**  
DC DEPARTMENT OF PARKS AND RECREATION

Please visit [dpr.dc.gov](http://dpr.dc.gov) for more information


Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	29	30	31	1 Senior Aerobics 8-10am Jr. Wave 6-7pm DC Wave 6-8pm	2 Deep Water 9-10am Parent & Child 9:30-10:30am Pre-School Aquatics 11-12 Lifeguard Academy 12-1pm
3 Adults LTS III 11:15-	4	5	6	7	8	9 Deep Water 9-10am
<b>Make Up Week—No Scheduled Classes</b>						
Aqua Zumba 2-3pm Hydro-Spin 3:30-4:30pm		Senior Shallow Aerobics 11-12noon		Senior Shallow Aerobics 11-12noon		Parent & Child 9:30-10:30am Pre-School Aquatics 11-12 Lifeguard Academy 12-1pm
10 Adults LTS III 11:15- 12noon Aqua Zumba 2-3pm Hydro-Spin 3:30-4:30pm	11 Hydro-Spin 6-7am Senior Aerobics 8-10am Shallow Water 10-11am Hydro-Spin 12-1pm Child LTS 5-6pm Jr. Wave 6-7pm DC Wave 6-8pm	12 Seniors LTS 9-10am Senior Olympic 9-11am Senior Shallow Aerobics 11-12noon Adults LTS 6pm-7pm Shallow Aerobics 5-6pm DC Wave 6pm78pm	13 Hydro-Spin 6-7am Senior Aerobics 8-10am Shallow Water 10-11am Hydro-Spin 12-1pm Child LTS 5-6pm Jr. Wave 6-7pm DC Wave 6-8pm	14 Seniors LTS 9-10am Senior Olympic 9-11am Senior Shallow Aerobics 11-12noon Adults LTS 6pm-7pm Shallow Aerobics 5-6pm DC Wave 6pm78pm	15 <b>NO Programs</b>	16 <b>Emancipation Day</b> 
17 Adults LTS III 11:15- 12noon Aqua Zumba 2-3pm Hydro-Spin 3:30-4:30pm	18 Hydro-Spin 6-7am Senior Aerobics 8-10am Shallow Water 10-11am Hydro-Spin 12-1pm Child LTS 5-6pm Jr. Wave 6-7pm DC Wave 6-8pm	19 Seniors LTS 9-10am Senior Olympic 9-11am Adults LTS 6pm-7pm Shallow Aerobics 5-6pm DC Wave 6pm78pm	20 Hydro-Spin 6-7am Senior Aerobics 8-10am Shallow Water 10-11am Hydro-Spin 12-1pm Child LTS 5-6pm Jr. Wave 6-7pm DC Wave 6-8pm	21 Seniors LTS 9-10am Senior Olympic 9-11am Adults LTS 6pm-7pm Shallow Aerobics 5-6pm DC Wave 6pm78pm	22 Jr. Wave 6-7pm DC Wave 6-8pm	23 Deep Water 9-10am Parent & Child 9:30-10:30am Pre-School Aquatics 11-12 Lifeguard Academy 12-1pm
24 Adults LTS III 11:15- 12noon Aqua Zumba 2-3pm Hydro-Spin 3:30-4:30pm	25 Hydro-Spin 6-7am Senior Aerobics 8-10am Shallow Water 10-11am Hydro-Spin 12-1pm Child LTS 5-6pm Jr. Wave 6-7pm DC Wave 6-8pm	26 Seniors LTS 9-10am Senior Olympic 9-11am Senior Shallow Aerobics 11-12noon Adults LTS 6pm-7pm Shallow Aerobics 5-6pm DC Wave 6pm78pm	27 Hydro-Spin 6-7am Senior Aerobics 8-10am Shallow Water 10-11am Hydro-Spin 12-1pm Child LTS 5-6pm Jr. Wave 6-7pm DC Wave 6-8pm	28 Seniors LTS 9-10am Senior Olympic 9-11am Senior Shallow Aerobics 11-12noon Adults LTS 6pm-7pm Shallow Aerobics 5-6pm DC Wave 6pm78pm	29 Senior Aerobics 8-10am Jr. Wave 6-7pm DC Wave 6-8pm	30 Deep Water 9-10am Parent & Child 9:30-10:30am Pre-School Aquatics 11-12 Lifeguard Academy 12-1pm

# May

William H. Rumsey Aquatic Center  
(202) 724-4495  
635 North Carolina Ave SE  
Washington DC 20003

**MOVE • GROW • BE GREEN** with  **DPR**  
DC DEPARTMENT OF PARKS AND RECREATION

Please visit [dpr.dc.gov](http://dpr.dc.gov) for more information

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Adults LTS III 11:15- 12noon Aqua Zumba 2-3pm Hydro-Spin 3:30-4:30pm	2 Hydro-Spin 6-7am Senior Aerobics 8-10am Shallow Water 10-11am Hydro-Spin 12-1pm Child LTS 5-6pm Jr. Wave 6-7pm DC Wave 6-8pm	3 Seniors LTS 9-10am Senior Olympic 9-11am Senior Shallow Aerobics 11-12noon Adults LTS 6pm-7pm Shallow Aerobics 5-6pm DC Wave 6pm78pm	4 Hydro-Spin 6-7am Senior Aerobics 8-10am Shallow Water 10-11am Hydro-Spin 12-1pm Child LTS 5-6pm Jr. Wave 6-7pm DC Wave 6-8pm	5 Seniors LTS 9-10am Senior Olympic 9-11am Senior Shallow Aerobics 11-12noon Adults LTS 6pm-7pm Shallow Aerobics 5-6pm DC Wave 6pm78pm	6 Senior Aerobics 8-10am Jr. Wave 6-7pm DC Wave 6-8pm	7 Deep Water 9-10am Parent & Child 9:30- 10:30am Pre-School Aquatics 11-12 Lifeguard Academy 12-1pm
8 Adults LTS III 11:15- 12noon	9	10	11 Hydro-Spin 6-7am Senior Aerobics 8-10am	12	13 Senior Aerobics 8-10am	14 Deep Water 9-10am Parent & Child 9:30- 10:30am
<b>Make Up Week—No Scheduled Classes</b>						
Aqua Zumba 2-3pm Hydro-Spin 3:30-4:30pm		Senior Shallow Aerobics 11-12noon	Jr. Wave 6-7pm DC Wave 6-8pm	Senior Shallow Aerobics 11-12noon		Pre-School Aquatics 11-12 Lifeguard Academy 12-1pm
15 Adults LTS III 11:15- 12noon Aqua Zumba 2-3pm Hydro-Spin 3:30-4:30pm	16 Hydro-Spin 6-7am Senior Aerobics 8-10am Shallow Water 10-11am Hydro-Spin 12-1pm Child LTS 5-6pm Jr. Wave 6-7pm DC Wave 6-8pm	17 Seniors LTS 9-10am Senior Olympic 9-11am Senior Shallow Aerobics 11-12noon Adults LTS 6pm-7pm Shallow Aerobics 5-6pm DC Wave 6pm78pm	18 Hydro-Spin 6-7am Senior Aerobics 8-10am Shallow Water 10-11am Hydro-Spin 12-1pm Child LTS 5-6pm Jr. Wave 6-7pm DC Wave 6-8pm	19 Seniors LTS 9-10am Senior Olympic 9-11am Senior Shallow Aerobics 11-12noon Adults LTS 6pm-7pm Shallow Aerobics 5-6pm DC Wave 6pm78pm	20 Senior Aerobics 8-10am Jr. Wave 6-7pm DC Wave 6-8pm	21 Deep Water 9-10am Parent & Child 9:30- 10:30am Pre-School Aquatics 11-12 Lifeguard Academy 12-1pm
22 Hydro-Spin 3:30-4:30pm	23 Hydro-Spin 6-7am Senior Aerobics 8-10am Shallow Water 10-11am Hydro-Spin 12-1pm Child LTS 5-6pm Jr. Wave 6-7pm DC Wave 6-8pm	24 Seniors LTS 9-10am Senior Olympic 9-11am Senior Shallow Aerobics 11-12noon Adults LTS 6pm-7pm Shallow Aerobics 5-6pm DC Wave 6pm78pm	25 Hydro-Spin 6-7am Senior Aerobics 8-10am Shallow Water 10-11am Hydro-Spin 12-1pm Child LTS 5-6pm Jr. Wave 6-7pm DC Wave 6-8pm	26 Seniors LTS 9-10am Senior Olympic 9-11am Senior Shallow Aerobics 11-12noon Adults LTS 6pm-7pm Shallow Aerobics 5-6pm DC Wave 6pm78pm	27 Senior Aerobics 8-10am Jr. Wave 6-7pm DC Wave 6-8pm	28
29	30 	31 Seniors LTS 9-10am Senior Olympic 9-11am Senior Shallow Aerobics 11-12noon Adults LTS 6pm-7pm Shallow Aerobics 5-6pm DC Wave 6pm78pm	1	2	3	4

# June

William H. Rumsey Aquatic Center  
(202) 724-4495  
635 North Carolina Ave SE  
Washington DC 20003

**MOVE • GROW • BE GREEN** with  **DPR**  
DC DEPARTMENT OF PARKS AND RECREATION

Please visit [dpr.dc.gov](http://dpr.dc.gov) for more information

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	1 Hydro-Spin 6-7am Senior Aerobics 8-10am Shallow Water 10-11am Hydro-Spin 12-1pm Child LTS 5-6pm Jr. Wave 6-7pm DC Wave 6-8pm	2 Seniors LTS 9-10am Senior Olympic 9-11am Senior Shallow Aerobics 11-12noon Adults LTS 6pm-7pm Shallow Aerobics 5-6pm DC Wave 6pm78pm	3 Senior Aerobics 8-10am Jr. Wave 6-7pm DC Wave 6-8pm	4
5	6 Hydro-Spin 6-7am Shallow Water 10-11am Hydro-Spin 12-1pm Child LTS 5-6pm Jr. Wave 6-7pm DC Wave 6-8pm	7 Seniors LTS 9-10am Senior Olympic 9-11am Adults LTS 6pm-7pm Shallow Aerobics 5-6pm DC Wave 6pm78pm	8 Hydro-Spin 6-7am Shallow Water 10-11am Hydro-Spin 12-1pm Child LTS 5-6pm Jr. Wave 6-7pm DC Wave 6-8pm	9 Seniors LTS 9-10am Senior Olympic 9-11am Adults LTS 6pm-7pm Shallow Aerobics 5-6pm DC Wave 6pm78pm	10 Jr. Wave 6-7pm DC Wave 6-8pm	11
12	13	14	15	16	17	18
Make Up Week—No Scheduled Classes						
19	20	21	22	23	24	25
26	27	28	29	30	1	2